

Glossary and summary for morning meditations TCP 2026



Prepared for TCP@IBA Kathmandu July and August 2026 - morning meditation classes - by Ven. Ngawang Tenzin (Dr. Alex Anderson) contact: tenzin@gaiiaforest.org website: <https://tenzin.gaiiaforest.org>

Northern Schools perspective

- Found in Asaṅga's Śrāvakabhūmi, Kamalaśīla's Bhāvanākrama, also in Maitreya's Mahāyānasūtrālamkāra. includes the nine stages, the five faults / eight antidotes system. Emphasis is on śamatha-vipaśyana combined, balance, not fixing on any object.

Seven-point posture

(see: Bhāvanākrama - Kamalaśīla)

English	Español	Chinese
Legs crossed	Piernas cruzadas	雙腿交叉 / 双腿交叉 (shuāngtuǐ jiāochā)
Hands in lap or on knees	Manos en el regazo o sobre las rodillas	手放膝上或腿上 (shǒu fàng xī shàng huò tuǐ shàng)
Spine straight, natural curves	Columna recta, curvas naturales	脊椎挺直保持自然彎曲 / 脊椎挺直保持自然弯曲 (jǐzhuī tǐngzhí bǎochí zìrán wānqū)
Shoulders like vulture's wings	Hombros como alas de buitre	肩膀如鸞翅展開 / 肩膀如鸞翅展开 (jiānbǎng rú jiù chì zhǎnkāi)
Chin slightly tucked	Barbilla ligeramente recogida	下巴微微下降 (xiàbā wēiwēi xiàjiàng)
Tongue tip touching palate	Punta de la lengua tocando el paladar	舌尖輕觸上顎 / 舌尖轻触上颚 (shéjiān qīng chù shàng'è)
Eyes open or closed	Ojos abiertos o cerrados	眼睛睜開或閉上 / 眼睛睁开或闭上 (yǎnjīng zhēngkāi huò bì shàng)

The Nine Stages

Navākārā-cittasthiti (Skt.) / 九住心 (jiǔ zhùxīn) / "nueve moradas mentales"

#	Sanskrit	English	Tibetan (Wylie/phonetic)	Español	Chinese
1	sthāpayati	placing	འཇོག་པར་བྱེད་པ་ / 'jog par byed pa / jokpa	Asentar la mente	內住 / 内住 (nèi zhù)
2	saṁsthāpayati	placing for a longer duration	རྒྱུན་དུ་འཇོག་པར་བྱེད་པ་ / rgyun du 'jog par byed pa / gyündu jokpa	Asentar la mente con cierta continuidad	續住 / 续住 (xù zhù)
3	avasthāpayati	patching up and placing	ཁྲུན་ཏེ་འཇོག་པར་བྱེད་པ་ / klan te 'jog par byed pa / lenté jokpa	Restablecer	安住 (ān zhù)
4	upasthāpayati	placing closely	ཉེ་བར་འཇོག་པར་བྱེད་པ་ / nye bar 'jog par byed pa / nyewar jokpa	Establecer cercanamente	近住 (jìn zhù)
5	damayati	taming	འདུལ་བར་བྱེད་པ་ / 'dul bar byed pa / dulwar jepa	Domar	調順 / 调顺 (tiáoshùn)
6	śamayati	pacifying	ཞི་བར་བྱེད་པ་ / zhi bar byed pa / shyiwar jepa	Aquietar	寂靜 / 寂静 (jìjìng)
7	praśamayati	thoroughly pacifying	རབ་དུ་ཞི་བར་བྱེད་པ་ / rab tu zhi bar byed pa / rabtu shyiwar jepa	Quietud completa	最極寂靜 / 最极寂静 (zuì jí jìjìng)
8	ekotīkaroti (ekotīkaraṇa)	making the mind one- pointed	ཅེ་གཅིག་དུ་བྱེད་པ་ / rtse gcig tu byed pa / tsechik tu jepa	Concentración unipuntual	專注一趣 / 专注一趣 (zhuānzhù yī qù)
9	samādhatte (samādhāna)	perfect placing, in balanced equipoise	མཉམ་པར་འཇོག་པ་ / mnyam par 'jog pa / nyampar jokpa	Colocación absorta	等持 (děngchí)

Powers and attentions

Stage	Power (bala)	Attention (manasikāra)
1 — <i>sthāpayati</i> — placing	Hearing — <i>śruta-bala</i> — རྟོག་པ་ (thos-pa · töpa) — <i>Escuchar</i> — 聞力 (wénlì)	Forceful — <i>balavāhana-manasikāra</i> — རྟོག་སྒྲེ་འཇུག་པ་ (sgrim-ste 'jug-pa · drimté jukpa) — <i>Atención forzada</i> — 力勵運轉作意 (lìlì yùnzhuǎn zuòyì)
2 — <i>saṃsthāpayati</i> — placing for a longer duration	Thinking — <i>cintā-bala</i> — བསམ་པ་ (bsam-pa · sampa) — <i>Reflexionar</i> — 思力 (sīlì)	Forceful (same as above)
3 — <i>avasthāpayati</i> — patching up and placing	Mindfulness — <i>smṛti-bala</i> — དྲན་པ་ (dran-pa · drenpa) — <i>Atención plena</i> — 念力 (niànlì)	Interrupted — <i>sacchidravāhana-manasikāra</i> — ཆད་ཅིང་འཇུག་པ་ (chad-cing 'jug-pa · chéching jukpa) — <i>Atención interrumpida</i> — 有間闕運轉作意 (yǒu jiānquè yùnzhuǎn zuòyì)
4 — <i>upasthāpayati</i> — placing closely	Mindfulness (same as above)	Interrupted (same as above)
5 — <i>damayati</i> — taming	Introspective awareness — <i>saṃprajanya-bala</i> — ཤེས་བཞིན་ (shes-bzhin · shezhin) — <i>Conciencia introspectiva</i> — 正知力 (zhèngzhīlì)	Interrupted (same as above)
6 — <i>śamayati</i> — pacifying	Introspective awareness (same as above)	Interrupted (same as above)
7 — <i>vyupaśamayati</i> — thoroughly pacifying	Introspective awareness/ Effort — <i>saṃprajanya-bala</i> , <i>vīrya-bala</i> (བརྩོན་འགྲུས་, brtson-'grus · tsöndrū, <i>Esfuerzo</i> , 精進力 jīngjìnli)	Interrupted (last stage of this phase)
8 — <i>ekotīkaroti</i> — making the mind one-pointed	Effort (continued from 7) — <i>vīrya-bala</i>	Uninterrupted — <i>nīśchidravāhana-manasikāra</i> — མེད་པར་འཇུག་པ་ (med-par 'jug-pa · mépar jukpa) — <i>Atención ininterrumpida</i> — 無間闕運轉作意 (wú jiānquè yùnzhuǎn zuòyì)
9 — <i>samādhate</i> — perfect placing, in balanced equipoise	Familiarity — <i>paricaya-bala</i> — ཡོངས་སུ་འདྲིས་པ་ (yongs-su-'dris-pa · yongsu dripa) — <i>Familiaridad</i> — 串習力 (chuànxíli)	Spontaneous — <i>anābhogavāhana-manasikāra</i> — ལྷན་གྲུབ་ཏུ་འཇུག་པ་ (lhun-grub-tu 'jug-pa · lhündrup tu jukpa) — <i>Atención espontánea</i> — 無功用運轉作意 (wú gōngyòng yùnzhuǎn zuòyì)

The Five Faults

Pañca doṣāḥ (五過失 / 五过失, wǔ guòshī)

#	Sanskrit	English	Español	Chinese	Countered by (antidote #)
1	kausīdya	laziness	Pereza	懈怠 (xièdài)	1–4: śraddhā, chanda, vyāyāma, praśrabdhi
2	upadeśa-saṃpramoṣa	forgetting the instructions	Olvidar la instrucción	忘失教授 (wàngshī jiàoshòu)	5: smṛti
3	laya-auddhatya	sinking and agitation	Agitación y embotamiento	沈掉 / 沉掉 (chéndiào)	6: saṃprajanya
4	anabhisamṣkāra	non-application [of antidotes]	No aplicación	不作行 (bù zuòxíng)	7: cetanā
5	abhisamṣkāra	over-application [of antidotes]	Aplicación excesiva	過作行 / 过作行 (guò zuòxíng)	8: upekṣā

The Eight Antidotes

Aṣṭau prahāṇasaṃskārāḥ (八對治 / 八对治, bā duìzhì)

#	Sanskrit	English	Español	Chinese	Counters fault #
1	śraddhā	faith	Fe	信 (xìn)	1
2	chanda/ adhimokṣa	intention/ determination	Intencion/ determinacion	欲 (yù)	1
3	vyāyāma	effort	Esfuerzo	精進 / 精进 (jīngjìn)	1
4	praśrabdhi	pliancy/ clarity and relaxation	Docilidad / Flexibilidad	輕安 / 轻安 (qīng'ān)	1
5	smṛti	mindfulness	Atención plena	念 (niàn)	2
6	saṃprajanya	awareness/ clear understanding/ alertness	Conciencia / Comprensión clara/ vigilancia	正知 (zhèngzhī)	3
7	cetanā	will/ volition	Intención	思 (sī)	4
8	upekṣā	equanimity	Ecuanimidad	捨 / 舍 (shě)	5

Counting the breath (gaṇanā)

(from Śrāvakabhūmi)

English	Español	Chinese
Breath in the foreground	La respiración en primer plano	呼吸為主 / 呼吸为主 (hūxī wéi zhǔ)
Counting in the background	El conteo en segundo plano	數息為輔 / 数息为辅 (shǔxī wéi fǔ)
No more than ten, no less than five	No más de diez, no menos de cinco	不超過十，不少於五 / 不超过十，不少于五 (bù chāoguò shí, bù shǎo yú wǔ)
Count as: in-breath, out-breath — one; in-breath, out-breath — two...	Contar así: inhalación, exhalación — uno; inhalación, exhalación — dos...	數法：吸氣、呼氣——；吸氣、呼氣——二 / 数法：吸气、呼气——；吸气、呼气——二 (shǔ fǎ: xīqì, hūqì — yī; xīqì, hūqì — èr)
Counting forwards and backwards	Contar hacia adelante y hacia atrás	順數與倒數 / 顺数与倒数 (shùnshǔ yǔ dàoshǔ)
Starting over if we lose count	Comenzar de nuevo si perdemos la cuenta	若數錯就重新開始 / 若数错就重新开始 (ruò shù cuò jiù chóngxīn kāishǐ)

Southern perspective - Mindfulness of Breathing

Satipaṭṭhāna Sutta - MN10: <https://suttacentral.net/mn10/en/sujato?lang=en>

Ānāpānasati Sutta - MN118: <https://suttacentral.net/mn118/en/sujato?lang=en>

- basic breath awareness practice, part of the four foundations of mindfulness. Includes a "satipaṭṭhāna attitude" that we can apply in all situations. introduction to the Pali five hindrances (with similes) and the seven factors of awakening.

Core practice terms

Sanskrit	Pali	English	Español	Chinese
smṛtyupasthāna	satipaṭṭhāna	close application of mindfulness	aplicación cercana de la atención plena	念處 / 念处 (niànchù)
ānāpānasamṛti	ānāpānasati	mindfulness of in/out-breath	atención plena en la respiración	安般念 (ānbān niàn)
smṛti	sati	mindfulness, recollection	consciencia plena, recolección	念 (niàn)
śamatha	samatha	calm-abiding, tranquility	morar en calma	止 (zhǐ)
vipaśyanā	vipassanā	special insight	introspección especial	觀 / 观 (guān)
dhyāna	jhāna	meditative absorption	absorción meditativa	禪那 / 禅那 (chánà)
bhāvanā	bhāvanā	cultivation, meditation	cultivo meditativo	修習 / 修习 (xiūxí)

A Satipaṭṭhāna attitude...

Idha, bhikkhave, bhikkhu kāye kāyānupassī viharati ātāpī sampajāno satimā vineyya loke abhijjhādomanassam

"Keen, aware, and mindful, rid of covetousness and displeasure for the world." (Bhante Sujato).

OR: diligent, with clear understanding, mindful, having abandoned every craving and every distaste for this life." (Thich Nhat Hanh)

...ardiente, con plena comprensión, atento, habiendo removido la codicia y el malestar con respecto al mundo"

...正勤正知正念 除世間貪憂

zhèng qín zhèng zhī zhèng niàn chú shìjiān tān yōu

Pali	Meaning	Español	Chinese
Ātāpī	ardent, zealous	Ferviente, ardiente	正勤 (zhèngqín)
Sampajāno	clearly comprehending	Con comprensión clara	正知 (zhèngzhī)
Satimā	mindful	Con atención plena	正念 (zhèngniàn)
vineyya loke abhijjhādomanassam	rid of covetousness and displeasure for the world	"Habiendo abandonado la codicia y la aflicción con respecto al mundo"	除世間貪憂 chú shìjiān tān yōu

The Five Hindrances — pañca nīvaraṇa (五蓋 / 五盖, wǔ gài)

#	Pali	Sanskrit	English	Tibetan (script / Wylie / phonetic)	Español	Chinese	R / S
1	kāma- cchanda	kāma- cchanda	sense- desire	འདོད་པ་ལ་ འདུན་ / 'dod pa la 'dun / dōpa la dün	deseo sensorial	貪欲蓋 / 贪欲盖 (tānyù gài)	F
2	byāpāda	vyāpāda	ill-will	གནོད་སེམས་ / gnod sems / nōsem	malevolencia	瞋恚蓋 / 嗔恚盖 (chēnhuì gài)	F
3	thīnamiddha	styānamiddha	sloth and torpor	རྒྱལ་པ་དང་ གནིད་ / rmugs pa dang gnyid / mukpa dang nyi	pereza y apatía	昏沈睡眠 蓋 / 昏沉 睡眠盖 (hūnchén shuimíán gài)	S
4	uddhacca- kukkucca	auddhatya- kaukr̥tya	excitement and regret	སྐྱོད་པ་དང་ འཁྱེད་པ་ / rgod pa dang 'gyod pa / göpa dang gyöpa	desasosiego y ansiedad	掉舉惡作 蓋 / 掉举 恶作盖 (diàojǔ èzuò gài)	F
5	vicikicchā	vicikitsā	doubt	ཐོཾ་མ་ / the tshom / t'etsom	duda	疑蓋 / 疑 盖 (yí gài)	S

Rising states (desire, ill-will, excitement) are the mind too activated; sinking states (sloth-torpor, doubt) are the mind too flat. Rising needs a *calming* antidote, sinking needs an *energizing* one — see the Seven Factors of Awakening below.

Canonical similes (situation / water-bowl)

Situation similes: Sāmaññaphala Sutta, DN 2. Water-bowl similes: Saṅgārava Sutta, SN 46.55.

Hindrance	Situation simile	Español	Water-bowl simile	Español	Chinese
Sense-desire	debt	deuda	water mixed with dye	agua mezclada con tinte	債務 / 债务 (zhàiwù)
Ill-will	disease	enfermedad	boiling water	agua hirviendo	疾病 (jíbìng)
Sloth-torpor	prison	prisión	water covered with moss	agua cubierta de musgo	監獄 / 监狱 (jiānyù)
Restlessness	slavery	esclavitud	water stirred by wind	agua agitada por el viento	奴役 (núyì)
Doubt	lost in the desert	perdido en el desierto	muddy water in darkness	agua turbia en la oscuridad	沙漠中迷失 (shāmò zhōng míshī)

The Seven Factors of Awakening

satta bojjhaṅga (七覺支 / 七觉支, qī juézhī)

Text: (Bojjhaṅga Saṃyutta, SN 46). Sinking states need energizing factors; rising states need calming ones; mindfulness sits outside the split, regulating which is needed.

Factor (Pali)	Sanskrit	English	Español	Group	Chinese
Sati	smṛti	mindfulness	Atención plena	ever-present	念覺支 (niàn juézhī)
Dhamma-vicaya	dharma-vicaya	investigation of phenomena	Investigación de los fenómenos	energizing	擇法覺支 / 择法觉支 (zéfǎ juézhī)
Vīriya	vīrya	effort	Esfuerzo	energizing	精進覺支 / 精进觉支 (jīngjìn juézhī)
Pīti	prīti	joy	Júbilo	energizing	喜覺支 / 喜觉支 (xǐ juézhī)
Passaddhi	praśrabdhi	tranquility/ pliancy	Tranquilidad, docilidad	calming	輕安覺支 / 轻安觉支 (qīng'ān juézhī)
Samādhi	samādhī	concentration	Concentración	calming	定覺支 / 定觉支 (dìng juézhī)
Upekkhā	upekṣā	equanimity	Ecuanimidad	calming	捨覺支 / 舍觉支 (shě juézhī)

Four Immeasurable Heart-minds

- Four immeasurables, cultivation steps, and near and far enemies.

Core texts

- for the four: Visuddhimagga
- for Metta: Karaṇīya Mettā Sutta SNP1.8: <https://suttacentral.net/snp1.8/en/sujato?lang=en>

The Four Qualities — brahmavihāra / apramāṇa

Set name	Pali	Sanskrit	Español	Chinese
Four Immeasurables	appamaññā	apramāṇa (caturapramāṇa)	Los Cuatro Inconmensurables	四無量心 / 四无量心 (sì wúliàng xīn)
Divine Abodes	brahmavihāra	brahmavihāra	Moradas Divinas	四梵住 (sì fànzhù)

Quality	Pali	Sanskrit	Tibetan (script / Wylie / phonetic)	Español	Chinese
Loving-kindness	mettā	maitrī	བྱམས་པ་ / byams pa / jampa	Bondad amorosa	慈 (cí)
Compassion	karuṇā	karuṇā	སྤྲིན་རྟེན་ / snying rje / nyingjé	Compasión	悲 (bēi)
Sympathetic joy	muditā	muditā	དགའ་བ་ / dga' ba / gawa	Gozo empático	喜 (xǐ)
Equanimity	upekkhā	upekṣā	བྱང་སྟོབས་ / btang snyoms / tangnyom	Ecuanimidad	捨 / 舍 (shě)

Near and Far Enemies

Reference: Visuddhimagga by Buddhaghosa.

Quality	Near enemy	Far enemy	Español (near / far)	Chinese (near / far)
Mettā	lobha (greed/attachment)	dosa (ill-will/hatred)	Apego, codicia / Mala voluntad, odio	貪愛 tān'ài / 瞋 恨 chēnhèn
Karuṇā	worldy grief	vihiṃsā (cruelty)	Pena mundana / Crueldad	世俗悲傷 shìsú bēishāng / 殘 酷 cánkù
Muditā	worldy joy	arati (aversion/boredom)	Gozo mundano / Aversión, aburrimiento	世俗歡喜 shìsú huānxǐ / 厭惡 yànwù
Upekṣā	equanimity of ignorance	greed and resentment	Ecuanimidad ignorante / Codicia y resentimiento	無知平等捨 wúzhī píngděng shě / 貪瞋 tānchēn

Mettā Bhavana: object progression

(from visuddhimagga)

Object	Español	Chinese
Auxiliary: a being mettā rises for naturally (e.g. a baby animal)	un ser hacia quien la bondad amorosa surge naturalmente (p. ej. una cría de animal)	天然引發慈心的眾生（如：幼小動物） / 天然引发慈心的众生（如：幼小動物） (tiānrán yǐnfā cíxīn de zhòngshēng)
1. Self	uno mismo	自己 (zìjǐ)
2. Dear person	ser querido	親愛的人 / 亲爱的人 (qīn'ài de rén)
3. Neutral person	persona neutral	中立的人 (zhōnglì de rén)
4. Difficult person	persona difícil	困難的人 / 困难的人 (kùnnán de rén)

Suggested Reading

On the Satipaṭṭhāna Sutta:

Thich Nhat Hanh, *Transformation and Healing: Sutra on the Four Establishments of*

Mindfulness (Parallax Press, 1990) — three versions of the sutra with commentary and twenty-three accompanying exercises.

<https://www.parallax.org/product/transformation-and-healing/>

On the Ānāpānasati Sutta:

Thich Nhat Hanh, *Breathe, You Are Alive: Sutra on the Full Awareness of Breathing* (Parallax Press) — the sixteen exercises of conscious breathing, with commentary and daily-life applications.

<https://www.parallax.org/product/breathe-you-are-alive-2008/>

On the Nine Stages:

B. Alan Wallace, *The Attention Revolution: Unlocking the Power of the Focused Mind* (Wisdom Publications) — a full tutorial on the stages of śamatha training, following Kamalaśīla's stage-scheme, with interludes on the brahmavihāras, tonglen, and dream yoga.

<https://wisdomexperience.org/product/attention-revolution/>

On the Four Immeasurables:

B. Alan Wallace, *The Four Immeasurables: Practices to Open the Heart* (Shambhala Publications) — the brahmavihāras interwoven with śamatha instruction, guided meditations, and discussion.

<https://www.shambhala.com/the-four-immeasurables-2569.html>

Visuddhimagga

Bhadantācariya Buddhaghosa, tr. Bhikkhu Ñāṇamoli, *The Path of Purification (Visuddhimagga)* (Buddhist Publication Society, 1956; BPS Pariyatti Editions)

<https://store.pariyatti.org/path-of-purification> (also available as a free pdf by searching)

On mindfulness of breathing, Southern school approach:

Pa-Auk Tawya Sayadaw, *Mindfulness of Breathing (Ānāpānassati)* — a contemporary systematic manual on the ānāpānasati practice from within the Burmese Theravāda tradition. free ebook:

<https://sites.google.com/pamc.org.sg/ebookpaauksayadaw/home>

About Gaia Forest

We have a project to create space for mindfulness, meditation and forest restoration in a beautiful patch of mountain rainforest in Northern NSW, Australia. To find out more visit: www.gaiaforest.org. To watch a short video about our project, and to make a donation to support our work, scan the code below. Thank you!

